



A Welcoming Congregation

HORIZONS Journal of the UNITARIAN UNIVERSALIST CONGREGATION OF PHOENIX

4027 East Lincoln Drive, Paradise Valley, AZ, 85253

June 2013

This month at a glance:

- 2—Congregational Meeting
- 2—Share the Plate
- 2—Poetry Coffeehouse
- 2—New Day Center Meal
- 6—Community Night
- 8—Sewing & Crafting Circle
- 9—Social Action Luncheon
- 14—Traveling 2nd Friday
- 19—Senior-i-T
- 25—Board Meeting

Ongoing:

- Addiction Discussion Group
- Book Group
- Meditation Group
- Open Art Studio
- Walking Poets

Look for more details on each of these events and opportunities throughout *Horizons*, as well as in *Compass* and Sunday Announcements.

Minister's Musings

As you read this, I will have already left for a three-month sabbatical—a time for rest and renewal. At this moment, I am taking a break from clearing off to-do's from my list, piles of paper from my desk and gathering books to read over the summer. I am grateful for this gift of time that you provide. At the same time, as I get ready to leave, there is sadness in my heart—I will miss you all so much! Each week, the sanctuary full of life and music, your hugs, your smiles. It is a part of my spiritual practice and a source of joy to gather as we make space to touch what is often unknowable, unnameable, the spirit, the sacred, the worthy in ourselves and in our lives. It is a gift.

You all will have fun, experience beauty, and be moved by worship in my absence. Rev. Linda Lawrence, David Weaver, Gary Ezzell, Susan Goldsmith, Anne Byrne, Rev. Walt Wieder, Donna Featherston, Richard Plattner, Celeste Allen, and our Worship Associates and music staff will lead inspiring worship. You don't want to miss it! And remember, every Sunday we invite the whole community to come visit us. As members, it's our work to be at UUCC to help welcome all who are seeking our community—to share the same warm welcome we received when we first came.

Every ending is also a beginning, and probably because I have never had a sabbatical before, I can see my return more clearly than my absence. I look forward to being back in September. Next year, we are kicking off monthly themes that will be explored in worship and Small Groups. If you've ever wanted to talk in more depth about a topic from a service, small groups are the place. If you've ever wanted to stick with a topic for longer than one Sunday, the month-long theme will do this. The goal is to invite greater depth to the connections we make with each other, the conversations we have and foster our personal and spiritual development.

May you—in whatever ways available—find time this summer to slow down, reflect on what matters to you, tell the people you love that you love and appreciate them, greet each day with hope and kindness. Let me say, again, how grateful I am for this ministry we share; how grateful I am for the ways you challenge, encourage and teach me; how proud I am of this community and all the beauty and courage it makes real in the world, and how much I love you.

Have a wonderful summer. I can't wait to see you in September.

Love, Rev. Susan

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From the President

This is my last Horizons article as Board President. I have been President of the UUCP Board for more than two years, and a member of the Board for almost six years total. I've seen a lot of change in the UUCP. The Board in particular has undergone an evolution or even transformation... and so have I. There have been joyous times, and sad times, and very challenging times. Lots of things that we wanted to change stayed the same; and lots of things we took for granted are now completely different. So in this last article, I think I will take the liberty of talking about myself.

Specifically, I want to talk about what I have gotten out of being Board President these past two years. Of course, I have benefited greatly from the growth that we have made as a congregation, but right now, I am referring to personal goodies, that I have been given by the other members of the Board. I shall think about these goodies as spiritual "bling."

The two newest members of the Board are Jim Sorgatz and Bill Snowden. It is said that it takes more than a year to figure out what is going on when one joins the Board, but Jim and Bill figured it out halfway through the first meeting. From Bill, I have gotten kindness from a gentle, noble man. He always has a way of finding the positive in any situation. When I think of my last Board meeting, I will think of Bill smiling and it will bring a smile to me.

From Jim, I have gotten empathy. Richard Feynman said, "The highest forms of understanding we can achieve are laughter and human compassion." Jim embodies both. His infectious laugh and smile are a window to his soul.

Smoot Carl-Mitchell and Duke Plattner served on the Board in my first year as President, and are now both on the Foundation Board. As many of you know, Duke is a terribly funny man, and often he is even funny and not terrible. However, Duke's greatest gift to me is his core of justice. He is a person who has devoted his vast talents to righting what wrongs he can. We all aspire to do justice, but what is great about Duke is that his justice is "less in-your-face" and more "you know I'm right." He has shown me justice with style.

Smoot is one of my greatest influences at the UUCP because what he has given me, amongst many many things, is faith—the true belief that what we are doing is right. More than that, he is steadfast in making me believe that what we are doing is *achievable*. A person of faith can never die, because he/she builds his/her dream in other people's hearts. That is Smoot.

I have had the honor to serve with awesome youth leaders, like Asha and Celeste and Mitch and Ryan. They have given me honesty because with just a look or an artful rolling of the eyes, they let us older folks know when we are caught up in a net made of our own ideas and words. We UUs need to be called out when we spend too much time "having meetings about meetings" or "having an action item to do nothing." Duh!

Diana Ashley is our Treasurer and she gives me a most appropriate gift: trust. She a natural cheerleader and encourager, and her presence in the Board is like a big hug from Mom, except that unlike *my* mom, Diana rules the balance sheet. I have learned from her, that the only way to build trust is to give trust.

Ellie Anderla and I have traveled many roads together and she always gives me hope. We can always count on Ellie to make tomorrow a better day than today. I am convinced she can see in the dark because her heart is so full of love, that no shadow can touch her. There were many days when she was our light.

For me, Elyse Arring is the embodiment of strength. She is a pioneer, with the heart of a warrior. In times of chaos, it seems like nothing can touch her, because Elyse wears the armor of equanimity and composure.

From the Board...

When I find myself faltering, she gives me tranquility, because somehow, I know that she has overcome much more than I will ever have to face.

David Johnson has taught me integrity because he knows that our greatest obstacle comes not when we face an external opponent, it is when we are unable to live up to our lofty but easily recited ideals. Over and over, David has challenged the Board and the congregation to take an authentic and honest, unflinching look at our assumptions, our progress and our hypocrisies. However, that is not what makes David Johnson an awesome leader. He is a courageous leader because he challenges himself to hold a much higher standard than the UUCP.

Rev. Susan is my minister and my friend and has given me so much directly and through her ministry. She is, by far, our greatest asset because without her ministry, all the other things that we love about the UUCP—new construction, small groups, music, social action, etc.—would be lessened or delayed. However, right now, as I transition off the Board, I will take with me her gift of devotion. I have seen Susan over the past five years take on so much responsibility and pressure that it would crush an elephant. Not even the biggest elephant can carry the needs and wants of 400+ UUs, yet she does it, and does it well because the love in her heart is stronger than all of the elephants. She is devoted to the promise of Unitarian Universalism and devoted to the vision that UUCP can help make Arizona better.

This brings me to the treasure that Linda Bellantoni has given to me and will continue to give the UUCP as the next Board President: purpose. Linda and I both believe that the UUCP's purpose is not to plant a flag on the left side of the cultural spectrum, but we are here to make our ideals of inclusive love and compassion solidly manifest in our community, whether through social action, worship, fellowship or any of our ministries. I am extremely grateful that Linda will be Board President because she combines purpose and professional organizational skill—knowledge and expertise that I do not have. As the UUCP grows, we need to build and institutionalize our organizational infrastructure along the arc of compassion and justice. Linda understands this. We are in good hands.

Leadership in a religious community should be a spiritual journey. I have been blessed to have made this portion of the journey with people who have given me a lot. If we gave UUCP'ers a test, I bet few could name all the Board members, but I want you to know who your Board members really are: kindness, empathy, justice, faith, honesty, trust, hope, strength, integrity, devotion and purpose. In a healthy religious community, our friends are quite literally our living principles.

Thank you,
Jimmy

Our next Board meeting will be June 25th at 6:00 pm in the Johnson Room.

Annual UUCP Congregational Meeting is June 2nd at 11:45 am.

All are welcome to join us!

So Long But Not Goodbye

When I walked into UUCP's doors back in 1996, I was greeted by the lovely Diana Saylor and the spunky Gloria Keenan, who pounced on me as soon as I admitted I had been raised a UU and had just moved to the area. "Hey," Gloria said, exchanging knowing glances with Diana. "How would you like to teach our first and second grade Sunday school class? I bet you would be great. We have a hard time recruiting teachers for that class. They can get a little rowdy." And with that, I was off and running as an active volunteer at UUCP. Service was and continues to be my prayer.

Two years after that, I begged Jesse Hise, who was president of the board and did not know me at all, to sign off on my application to attend the Pacific Southwest District's Leadership Training School for a weeklong intensive workshop focused on lay leadership. Jesse asked me what I was going to do for the congregation with the skills I acquired, and I assured him that I would return with a report for the board and a willingness to become more involved. With Jesse's approval, off I went. That single week changed my life and propelled me toward a prolonged tenure of working with and for the youth at UUCP and within our district.

Since then, I have served on UUCP's board of trustees, the district's board of trustees, leadership development committees at both levels, the district's youth board, UUCP's Interweave and children's ministry committees. I was trained as an OWL (Our Whole Lives) facilitator for grades 7-12, and I have taught in various summer programs. I have coordinated the Bridging Ceremony for our graduating senior high youth at District Assembly since 2000, and have earned a BA degree in religious studies. I have served as an adult advisor for our high school group for many years, was hired as UUCP's acting religious education director last year, and helped in the search that brought Anne Byrne onto UUCP's staff this past year. These were all steps toward my dream job, which came to fruition last fall when I was hired as UUCP's first Youth Ministry Coordinator to work specifically with our 7th-12th grade youth population.

It has been an absolutely beautiful year. Sure, there were bumps along the way, but I have developed a whole new circle of friends, UUCP has eight new youth members, and our teenagers continue to feel that they are an amazing part of this interconnected web. So it is with much sadness and regret to report that I have decided to step down from this paid position, effective June 30. Simply put, this job is far too important for it to be my second, very part-time job. I currently work a full-time job outside of UUCP, and have struggled to maintain the same depth of connection with our youth that I had prior to joining the paid staff.

My decision does not stem from being overwhelmed by the job responsibilities, but rather on my personality and work ethic. I need to know that I am always doing everything within my power for our youth. I need to be able to pour myself wholly into each lesson and project. I want to wake each morning marveling about the work I am doing for our youth. Instead, I find myself always wanting to do more and to do it better. Perhaps it is precisely because I had a great run as a youth advisor, getting to know so many of our youth, advocating for them, listening, helping, caring, sharing, loving—and this position has forced me to step back from those connections because there is just not enough time to do everything.

It has been my pleasure to have served UUCP in this capacity and I look forward to returning as a volunteer after a bit of a break. Thank you to everyone who supported and encouraged me this year. To all of the families and all of the youth I have gotten to know this year: you remind me each time I see you why this work is so important, and I love you all.

Jaynn

Coming of Age Service, May 2013



Celebrate July 4th at UUCP Community Night

6:00 PM

Barbeque, Homemade Ice Cream and Folk/Bluegrass Jam

Bring something to grill and a potluck side dish to share

Sing and play along in a folk/bluegrass jam

For more information, contact annebyrne@phoenixuu.org

Adult Faith Development Summer Opportunities

UUCP Book Group: Sundays, 9:00-10:15 AM, Annex B

The Book Discussion Group meets throughout the summer. Newcomers are welcomed! For information or to find out the current book the group is reading, please contact Mike Peterson at mrpetersonaz@cox.net or Bill Mee at 602-955-9547.

Meditation Group: Sundays, 9:30-10:30 AM, Annex F

The morning begins with a guided meditation followed by silent meditation on a chair or on the floor. Please bring a cushion. All experience levels are welcome. If you have questions, contact Jay Alagia at jayalagia@gmail.com or Yvonne at ymptaz@gmail.com. Please list your phone number in your message.

Open Art Studio: Wednesdays, 9:30 AM, Johnson Room

For information or to RSVP, contact Jay Alagia at jayalagia@gmail.com or 602-952-8889.

Senior-i-T: Wednesday, June 19, 2:00-4:00 PM, Johnson Room

This month we invite adults of all ages to join us in a discussion of the importance of creativity in our lives. What is creativity? What is its source? How does it “feed” us?

There are many ways to be creative. In what ways are you creative? If you can bring a sample of something you have created—a song, a poem, a quilt, a craft, a fishing lure, photos of something you built, a recipe (the actual dish to sample would be marvelous!), please do so. Also, if you have a story to tell about an experience in your family, work, or organizational life that tapped into your creativity and resulted in a better process, product, solution, or outcome, come and share that story with us.

Beverages will be provided. Snacks are optional, but bring something to share if you wish.

Small Group Ministry: Third Thursday Morning Group, 9:30-11:00 AM, Beatitudes

This group is open to any adult who wants to get to know other Unitarian Universalists through deep, respectful listening and the sharing of personal experiences on a variety of topics. We will meet from on June 20, July 18, August 15, and September 19. Attendance at all meetings is not required, but the quality of your experience and connection to the group will certainly be enhanced if you are able to participate in most of the sessions.

This summer group will meet in the Administration Building Conference Room of the Beatitudes Campus, 1650 W. Glendale Ave. There is ample parking in the lot that faces Glendale Avenue, and the receptionist in the Administration Building will direct you to the Conference Room. Space is limited to 15 participants. If you wish to be part of this group or have questions about it, please email Ellie Anderla at SGM@phoenixuu.org or contact Rev. Linda Lawrence at 602-840-8400, Ext. 204.

From the Staff...

Small Group Ministry: Third Thursday Evening Group, 7:00-8:30 PM, Johnson Room

Have you ever wondered what the big deal is about Small Group Ministries (formerly known as Covenant Groups)? Are you curious about what a meeting would be like but not interested in making a commitment until you know more? This group is for YOU! Come once or come all summer long! Join facilitators Gary and Linda Lawrence in exploring a variety of topics, sharing personal experiences, listening, laughing, and getting to know others in our UUCP community.

We will meet on June 20, July 18, August 15, and September 19. You don't have to sign up and there is no fee. Just show up!

Good Grief: This group will not be meeting over the summer. However, if you wish to talk with someone regarding a personal loss or some other pastoral care concern, please contact our Assistant Minister, Rev. Linda Lawrence at LindaLawrence@phoenixuu.org or at 602-840-8400, Ext. 204.

Book Sale Fundraiser Results

The May 19th Terry Simmons Memorial Book Sale Fundraiser contributed \$195 to UUCP's Operating Budget. At \$1-2 per book, we sold quite a few and created some much-needed space on some of our shelves. The leftover books were transported to VNSA for their February charity fundraiser.

Thanks goes to the Membership Committee for their organizing efforts: Mary Wilber, Gary Lawrence, Sara Burchard, Lois Leader, and Linda Lawrence. Thank you, Mike Peterson, for recruiting the Book Group volunteers who assisted at the sale, and thank you, Bill Mee, for taking the responsibility of donating our unsold used books to VNSA.



Life, Spirituality and Meditation

Life is primarily a self that increasingly has things.

Life is also spirituality that gives away things without attachments.

Life consumes; spirituality conserves for others and all.

Life does not stay satisfied for long. Spirituality is content most of the times.

Life thinks mostly exclusive. Spirituality thinks mostly inclusive.

Life is vulnerable; spirituality is not vulnerable.

Life's love is conditional and situational; spirituality's love transcends situations and is unconditional.

Life's reasoning has found shaky faith; spirituality's reasoning has found firmer faith.

Life thinks hopeful and linear and has difficulty accepting hard times; spirituality thinks cyclic and finds it easier to accept hard times, even death.

Life's reason has difficulty feeling grateful. Spirituality's faith feels often grateful.

Life needs reason to experience happiness; spirituality has bouts of joy without any apparent reason.

Life does not have inner peace; spirituality has inner peace.

Life is ceaselessly thinking of the past or the future and misses many joys of the present moment; spirituality enjoys the present moment.

For happier life we can add more spirituality to our life. One way to do that is to add more meditations to our life.

—Jay Alagia

Note: Jay has been teaching meditation as adapted to the American way of life in UUCP since 1995. He, along with others, also leads the meditation group activities at UUCP.

These Unitarian Universalists, whose ashes were interred in the Memorial Garden this month in past years, are still remembered...

Audrey Hope Engelen
Shannon Lea Garvin
Daniel Raymond McNeal
Jennifer Goyette Raines
John Charles Mitchell

Children's Art Exhibit

"It took me four years to paint like Raphael, but a lifetime to paint like a child." –Pablo Picasso

The Children's Art Exhibit consists of contributions from Desert View Learning Center (kindergarten through 4th grade) and the Unitarian Universalist Early Education Cooperative Preschool (ages 2-5). Sonja Saar, who teaches art at DVLC, is dedicated to drawing out the artist within every child. The UUEEC encourages art expressions which are developmentally appropriate and enhance a child's creativity.

June Social Action Luncheon

"The Ever-widening Gap between the Ultra Rich and the Rest of Us: What are the Consequences?"

Please join the Social Action Committee on June 9th (after Service, in the Johnson Room) for our final SAC Luncheon of the year. Jon Miller, a member of our Congregation, will speak on the unequal distribution of wealth and income in our country and the ramifications for our society.

The luncheon will be a potluck featuring Honey Baked Ham Sandwiches with delicious sides and desserts provided by you!

Traveling 2nd Fridays

Come learn about other cultures and far-off lands as UUCP members and guests share their adventures in Bhutan, Malta and other foreign locales.

Mystical Morocco with *Barbara Cawthorne*, June 14, 7:00-8:00 pm in the UUCP Sanctuary:

The Kingdom of Morocco is one of the most exotic travel destinations, with mud and clay architecture of the kasbahs, the palace-filled medieval cities like Marrakech and Fes, and the mystical landscapes of the Sahara. This is also the home of the highest mountain range in northern Africa, the High Atlas. Camel-treks into the dunes of the Sahara, walking ancient streets of Roman ruins, visiting souqs and kasbahs and medinas, and walking through the fishing ports when they bring in their catch are only a few of the reasons why Morocco is magical.

Feel free to contact Barbara Cawthorne at 480-994-1452 or thetravellers@q.com with any questions. Everyone is welcome! Travel with us the second Friday of the month from January to June.

Friendship Partners' Summer Volunteers Needed

If you have a couple of hours each month to visit a homebound member, your companionship would be appreciated. Some regular Friendship Partner visitors will be away for the summer. We are looking for temporary volunteers to take on their visiting activities. This is a minimal time commitment and an enjoyable and rewarding contribution to our community. If you would like to help, please contact Ruth Braunstein at 480-443-1617 or candrmmb@cox.net.

Unicare Community News

- We send healing thoughts to Barb and Dave Cawthorne's son, Gary. Gary had a malignant growth removed from his thyroid along with several lymph nodes in February. He recently had a radiation pill to help destroy any remaining cancer in his system.
- Friend of the congregation, Dick Grey, underwent surgery in April to remove a benign tumor from his spinal cord. His surgery was a success and we wish him a speedy recovery.
- Congratulations to Pete Creelman who won first place in a student essay contest at Paradise Valley Community College. His winning essay was titled "Can an Old Dog Learn Some New Tricks."
- Dani Lockwood graduated from the University of Arizona with Highest Honors and a degree in Biomedical Engineering. We celebrate Dani's accomplishment with her parents Glen and Terry.

Please take a moment to extend your personal greetings of concern or congratulations to the members and friends listed here. If you have any joys or sorrows you wish to share with the UUCP community, please write them down Sunday mornings on the slips provided at the back of the sanctuary or contact unicare@phoenixuu.org.

Walk in beauty,
Ceyshe' Napa, Unicare Coordinator

Addictions Ministry

My wife and I have a new favorite TV show, "My Cat From Hell" which airs on the Animal Planet channel. Our hero, Jackson Galaxy, is a musician by day and a cat psychologist by day. Usually it is the owners, not the pets, that require training!

The back story, however, is equally interesting. A drug and alcohol addict, Jackson had done many kinds of work and, desperate to get out of a restaurant job, lied his way through an interview at an Animal Shelter. His life was transformed while working with animals. His new book, "Cat Daddy," is subtitled "What the World's Most Incurable Cat Taught Me About Life, Love, and Coming Clean." He made cats his Higher Power and the strategy worked.

If you have a compulsive behavior and need a safe, spiritual place to land, the 2nd & 4th Saturdays Addictions Discussion Group meets in Annex B at 4:30 pm. Call Gene at 602-361-9067 or Michael at 602-488-1188 for more information.

To subscribe or receive Horizons via email, please submit your contact info at the visitors' desk or email administrator@phoenixuu.org.

Celebrations of Life

10:30 AM

JUNE 2: STORIES FROM THE BORDER

Service Leaders: Rev. Linda Lawrence & Sandra Weir, AZIM Organizer

In February of this year, 20 Unitarian Universalists participated in the first UU College of Social Justice/Borderlinks trip to Tucson and Nogales to learn more about what's happening at the Arizona/Mexico border. Rev. Linda and Sandy were members of this group charged to "See, Think, Act." They will share some of the moving and inspiring stories they heard from the people they met.

JUNE 9: CONSTANT CRAVING

Service Leader: David Weaver

Most of us know a little something about craving a mouth-watering piece of chocolate. But what about our craving to win an argument? Our society is awash with the desire to win at all costs. What helps you remain centered when the slings and arrows are flying?

JUNE 16: WORDS AT THE DOORPOST

Service Leader: Susan Goldsmith

The words of our UUCP covenant are outside our door; they bind us together in community. Do you have words that bind you to home, to your best self? Do you have words that bind you as you go out into the world?

JUNE 23: EASY FORWARD

Service Leader: Gary Ezzell

Forrest Church's wisdom words, "Want what you have. Do what you can. Be who you are," counsel us toward acceptance, but they can also be a challenge to want *all* we have, do *all* we can, be *all* we are.

JUNE 30: A CALL ACROSS AGES

Service Leader: Donna Featherston

Our congregation shares a mission to grow in spirit, share our journeys and advance justice. Please join us as congregation members of different generations share their stories of coming of age, transformation and a call to action.

*President: Jimmy Leung
Vice President: Linda Bellantoni
Treasurer: Diana Ashley*

*Minister: Rev. Susan Frederick-Gray
Minister Emeritus: Rev. Ray Manker
Assistant Minister: Rev. Linda Lawrence
Affiliate Community Minister: Rev. Kathleen Baughman
Music Director: Benjie Messer
Choir Director: Connie Jahrmarkt
Children's Ministry Director: Anne Byrne
Youth Programs Coordinator: Jaynn Truran
Arizona Immigration Ministry Organizer: Sandra Weir
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Our Mission

Welcoming all
in building religious community,
called to
share journeys,
grow in spirit,
advance justice.

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